MALAYSIA | SINGAPORE

1Twenty80

YOUR COMMUNITY HEALTH PLATFORM

KDN: PP19076/07/2016(034558)
MCI (P) 133/05/2017

Sex education:

It's never too early

ISSUE 79
JULY 2023
WM RM 10.90
EM RM 11.90

www.1twenty-80.com

VISIT…

LANZAROTE
Caliente.COM

Parent's Ultimate Solution In Getting Kids To Eat Their Fruits and Vegetables

TRUE FUNCTIONAL FOODS
OXXY
Kids
IMMUNE BOOSTER
11 Super Fruits
11 Vegetables Extract
6x
10gm/ sachet
Product of France

Strengthen
Your Kids Immune System
Today With OXXY KIDS

NOW AVAILABLE AT WHITE COAT 360 INDEPENDENT PHARMACIES

truelifesciences
www.true-lifesciences.com

1Twenty80
YOUR COMMUNITY HEALTH PLATFORM

DO
MORE
OF
WHAT
MAKES
YOU
HAPPY

- A COMMUNITY MESSAGE FROM 1TWENTY80 -

@1Twenty80
@1Twenty80
1Twenty80 Magazine
@1Twenty_80
1Twenty80
1Twenty80 Magazine

www.1twenty-80.com

1Twenty80

MANAGEMENT

PUBLISHER
KAREN SEE

ADVISOR
P. GOPINATH
B.PHARM (HONS) RPH.MMPS.

EDITORIAL

EDITOR
EDELINE ANNE GOH

WRITER
YASANTHI DEVI

JUNIOR WRITER
ISABEL ANDREW

SENIOR GRAPHIC DESIGNER
WINNCIE YAP

JUNIOR GRAPHIC DESIGNER
RANJETA MUNIANDY

PUBLISHING SERVICES

CIRCULATION AND SUBSCRIPTION
subscription.1twenty80@gmail.com

PUBLISHED BY
B SANTE INTERNATIONAL SDN BHD
29A, JALAN HANG TUAH 2,
TAMAN SALAK SELATAN,
57100 CHERAS,
SELANGOR DARUL EHSAN, MALAYSIA.
☎ 03-7610 0030
www.1twenty-80.com
www.facebook.com/1twenty80/
1Twenty80

PRINTED BY
STANTRADE ENTREPRISE
29A, JALAN HANG TUAH 2,
TAMAN SALAK SELATAN,
57100 CHERAS,
SELANGOR DARUL EHSAN, MALAYSIA.

SCAN HERE
to visit our website

Need to get in touch with us?
Drop us a message on
Facebook or Instagram!

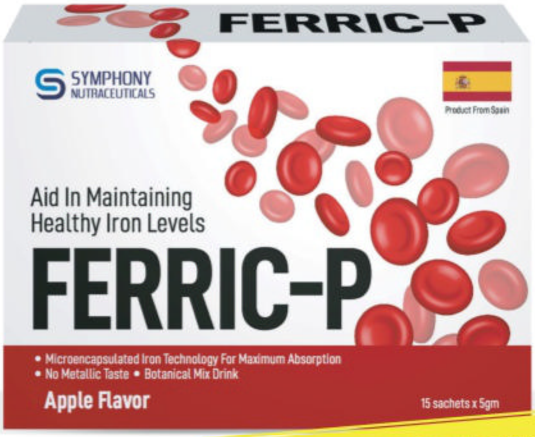
1Twenty80 is available at **independent pharmacies nationwide**.

BOTHERED BY THE SIDE-EFFECTS OF IRON TABLET?

"Looking for something that is more acceptable and tasty?"

Side-Effects of Traditional Iron

- Constipation
- Nausea
- Heartburn
- Metallic taste
- Black Stools
- Stomach pain and irritation


FERRIC-P
SYMPHONY NUTRACEUTICALS
Product From Spain
Aid In Maintaining Healthy Iron Levels
FERRIC-P
• Microencapsulated Iron Technology For Maximum Absorption
• No Metallic Taste • Botanical Mix Drink
Apple Flavor
15 sachets x 5gm

Consult your doctor today!

Common traditional iron tablets used such as **ferrous fumarate and ferrous sulphate** are known to increase iron status, but their major restriction is that it can cause unwanted side effects as mentioned above.

Ferrous Fumarate - Uses, Side Effects and More (2022). WebMD. https://www.webmd.com/drugs/2/drug-4129/ferrous-fumarate-oral/details
Synder, C. (2021 January 5). Ferrous Sulfate: Benefits, Uses, Side Effects, and More Healthline. https://www.healthline.com/nutrition/ferrous-sulfate#bottom-line

For more enquires please contact 03-76125476

SYMPHONY NUTRACEUTICALS

CONTENTS

26
VitAMiN
D

08 WELLNESS

3 Things you can do to help a loved one who's depressed

09 THE BIRDS AND THE BEES

When to have 'the talk' with your kids

12 UNDERSTANDING PUBERTY: MILESTONES AND CHANGES IN GIRLS AND BOYS

Exploring the stages of growing up

16 EXPOSING CYBERCHONDRIA

Think before typing your symptoms on the 'search bar'

19 THE ABCS OF CAREGIVING

A step-by-step guide for first-time caregivers

22 SUPPLEMENTS FOR MEN'S HEALTH

Insights from a pharmacist

26 THE D-FENDER OF HEALTH

A pharmacist's sunny side perspective on vitamin D

ISSUE 79 • JULY 2023

32 FOOD FOR SKIN: TO EAT & TO APPLY

Why look far when you can look in your kitchen?

36 STYLE

How to restore tarnished jewellery

38 MICROPLASTICS FOUND IN HUMAN BLOOD?

This is not fantastic

42 3 WAYS TO RELISH YOUR EDAMAME

How have you 'bean'?

44 4 MUST-VISIT WATERFALLS AROUND THE WORLD

Spectacular cascades for your eyes to feast

48 SNACKS: EAST MEETS WEST

These treats are perfect for your Malaysian taste buds

52 SUBSCRIPTION

EDITOR'S NOTE

Are you prepared for the day when your child asks you, "Daddy, where did I come from?" or "How did little sister get into mommy's tummy?"

Many of us grew up in conservative families, where the 's' word or better known as 'sex' is almost never mentioned. Private parts such as the penis, vulva, vagina on the other hand, tend to have pseudonyms. This makes talking about an important part of life very difficult for adults and children alike.

The good news is, modern day parenting is slowly changing that and if you've young children, we would like to encourage you to start the sex talk as early as possible.

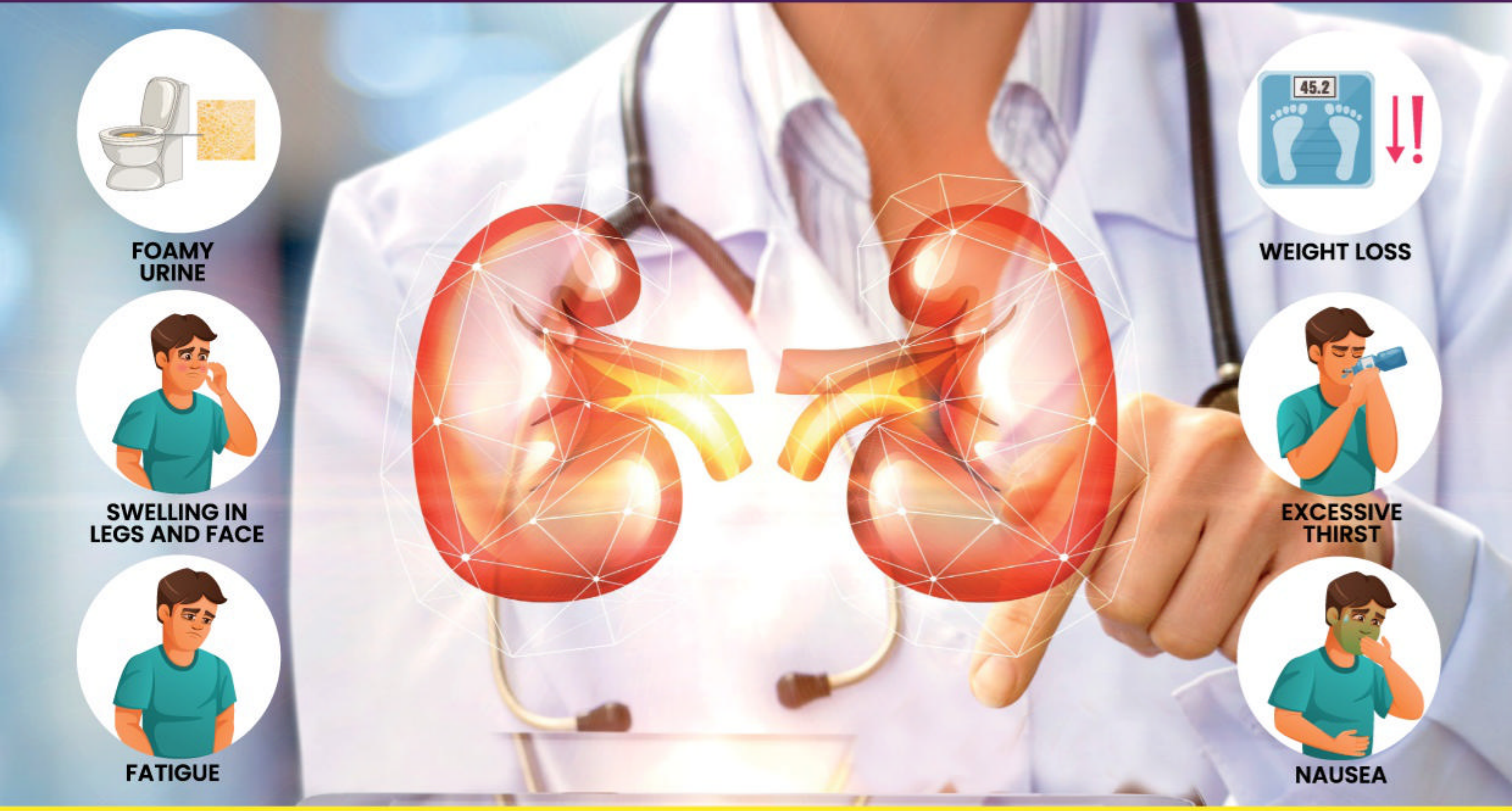
The reason why it's never too early to talk about sex is because doing so helps your child understand his or her body, boundaries and also respect the boundaries of others. Healthy sex conversations with children are possible.

For some, this may be new to you and it can get you feeling a little uncomfortable but not to worry, we've compiled a guide for you! It doesn't matter if your child is two or 12, our feature stories will help you get the ball rolling on how you can talk to your child about their bodies, how they were conceived and puberty too.

Remember, it's never too early, nor is it too late to start the sex talk at home with the young ones. So, flip over to get this important family conversation going.

Edeline

ARE YOU AT RISK FOR "SILENT KILLER" DISEASE?


FOAMY URINE
SWELLING IN LEGS AND FACE
FATIGUE
45.2
WEIGHT LOSS
EXCESSIVE THIRST
NAUSEA

Chronic kidney disease is a silent killer that affected 15.48% of the population in 2018 and it continues to be a public health concern in Malaysia.*

SYMPHONY NUTRACEUTICALS
CREATI NEXT
ADVANCED FORMULATION 200
A nutritional formula for stage 3 - stage 4 pre-dialysis patients
• High premium whey protein
• Improve nutritional well being
• Enhance physical strength
Special Nutritional Food
NON SOYA
PHYSICIAN CIRCULATION
NET WT. 33g x 15 sachets
NET WT. 33g

A Nutritional Formula for Stage 1 - Stage 4 Predialysis Patients

Stages of Chronic Kidney Disease		
Stage	**Description of kidney function**	**GFR**
1	Normal or high	≥ 90
2	Mildly decreased	60-89
3a	Mildly to moderately decreased	45-59
3b	Moderately to severely decreased	30-44
4	Severely decreased	15-29
5	Kidney failure	<15

(Source: Kidney Disease Improving Global Outcome)

Consult your doctor today to know more!

*Chronic kidney disease taking a growing toll in Malaysia. www.thesundaily.my. (2022, March 10). Retrieved July 6, 2022, from https://www.thesundaily.my/local/chronic-kidney-disease-taking-a-growing-toll-in-malaysia-BK8936751
*(2020). KDIGO 2020 Clinical Practice Guideline for Diabetes Management in Chronic Kidney Disease. Kidney International, 98(4), S1–S115. doi:10.1016/j.kint.2020.06.019
*Saminathan, TA, Hooi, LS, Mohd Yusoff, M et al. 2020, 'Prevalence of chronic kidney disease and its associated factors in Malaysia; findings from a nationwide population-based cross-sectional study', BMC Nephrol 21, 344.

For more enquiries please contact +603 7612 5476

SYMPHONY NUTRACEUTICALS

3 THINGS YOU CAN DO TO HELP A LOVED ONE WHO'S DEPRESSED

Sometimes just being there is enough

By Yasanthi Devi

Watching a loved one or a friend struggle with depression can be tough. The dilemma we frequently face is that we're stuck between wanting to help but not knowing how to do so. This is perhaps in part because not everybody experiences depression in the same way, and their needs may vary depending on how severe their depression and circumstances are.

With that in mind, we've compiled a general list of tips that you can use to help a loved one through tough times.

#1 LEARN ABOUT DEPRESSION

During your free time, try to read up on depression from reliable sources on the internet or in books. When you have an understanding of depression, its symptoms, and the toll it can take on your loved ones, you will be able to empathise and better understand from the affected person's perspective.

A good place to start reading would be the symptoms and causes. While depression manifests differently in different people, being familiar with the general symptoms and terminology can help you be more aware and look for signs if your friends are struggling. This in turn can also help you be conscious when having in-depth conversations with your friend.

#2 OFFER ASSISTANCE TO RUN ERRANDS OR COMPLETE SIMPLE TASKS

Depression can be so debilitating that even performing daily tasks can be difficult for the person suffering from it. As a result, some people have difficulty getting out of bed, taking a shower, or even eating. Day-to-day tasks can seem overwhelming or daunting.

Being observant can help you here. If you notice your friend or a loved one has some errands to run, such as buying groceries or doing the laundry, you can offer your help in completing said tasks or invite them to join you in completing the task. If your loved ones are experiencing difficulties voicing their needs, you can figure out what they need by asking, "What's something you need to get done today?"

#3 HELP YOUR LOVED ONES THROUGH THEIR FIRST STEP OF SEEKING SUPPORT.

If your loved one is considering seeking therapy or counselling for the first time, it can be an overwhelming and daunting process. There is a vast amount of information available on mental health support and facilities. This can be information overload for some. Thus, helping your loved one screen potential therapists or counsellors can help them make an informed decision.

Source: Healthline, WedMD.

THE BIRDS AND THE BEES

When to have 'the talk' with your kids

By Isabel Andrew

There comes a time in life when every parent has to have 'the talk' with their kid. As awkward as it can get, it's vital that kids learn about the realities of their bodies. Who else is better to explain than their parents?

There is no need to get all flustered over the idea of teaching kids about sex and sexuality. The best time to start is in their preschool years. Here's a guide to how to talk about the birds and the bees with your children, age by age.

WHY IS IT IMPORTANT TO HAVE 'THE TALK'?

In today's rampant world of misinformation, the last thing we need is for our children to adopt false notions of sex.

Hence, it is crucial to create an open line of communication between you and your child. A 2009 research review by the United Nations Educational Scientific and Cultural Organisation (UNESCO) reported that sexual education can influence behaviours among students, resulting in more than a third of delayed sexual activity as well as an increase in the use of condoms or contraceptives.

TIMING MATTERS

BABIES AND TODDLERS (AGES 0-2)

You may notice that your toddler often touches his or her private parts. This behaviour is actually normal. They may do this out of curiosity, however, it's not a pretty sight in public.

Instead of scolding or punishing them, redirect their attention elsewhere. Tell them that there's a time and a place for it, not in front of strangers at the mall.

PRESCHOOLERS (AGES 3-5)

At this age, establish a clear understanding of consent. Use the word "consent" and explain that it means "yes" or agreeing to someone using their things or touching their bodies.

Practice asking for consent yourself before taking their things, picking them up, or even before tickling them. This is important to teach children at this age about respecting not only themselves but others as well.

In addition to consent, safe touch is also vital to know at this age. One method you could try is the swimsuit rule. The covered areas and mouth are off-limits to those who don't have the child's consent.

No means no. Stress the importance of their "no". If anything untoward happens, your child must inform you about it. Reassure them that it's not their fault and that keeping such things secret is not going to stop the perpetrator. So that in light of a sexual abuse incident, your children will be able to do the right thing.

BIG KIDS (AGES 6–8)

It's about time parents kept up with what their kids are watching online. One common feature on many browsing sites and television packages is parental control. You can filter through the content your kids are exposed to and ensure they aren't subscribing to improper channels.

Nevertheless, the vast realm of technology isn't always within our control. So if your kid comes across a word with asterisks in it or an advertisement for pornographic content, don't panic. Make them understand that these sites are strictly for adults.

Kids are also prone to becoming victims of sexual grooming online. A few simple searches can reveal that several content creators have been preying on vulnerable young kids with ill intentions.

So, make it clear to your children about predators. They don't come in bright-coloured shoes or wacky hairstyles. Often their approach is subtle, like that of a trustworthy adult who's just trying to be 'friends'.

These predators may offer children gifts, ask to see or touch their genitals or talk to them about sexual topics. Be honest with your children about these realities. Maintain an open relationship with your kids and ask them if they know anyone like that in real life or online.

TEENS (AGES 13+)

There are more than physical changes in sex and sexuality. Don't be afraid to emotionally connect with your children.

Ask them about their views on sexism, healthy relationships and dating. Children are said to be sponges who absorb from their surroundings. This can be a chance for you and your partner to evaluate your relationship as parents and spouses too.

Discuss peer pressure and ask them questions about the kind of friends they hang out with. The language of teens is rebellion. They would have had long-developed crushes and may even have entered into their first relationship. Like every teen, they won't be opening up to their parents that easily.

So, the trick here is allowing them to speak and you do the listening. Emphasise to them about retaining their self-worth and why consent is mandatory, and that it goes both ways.

TWEENS (AGES 9–12)

Having the 'sex talk' shouldn't be a matter to procrastinate on. If your child hasn't already asked you questions about sex or their body parts, don't wait. Once they reach their preteen years, initiate the conversation.

They may be confused and overwhelmed at this point in their lives. So, take it slow and start off with little conversations to ease the topic onto them. In their adolescence, your child is going through puberty, and we all know just how dramatically the body can change.

Girls: Puberty starts between ages 9 and 13.

Talk to your daughter about menstruation before she gets her period. Show her how to use a sanitary pad or tampon.

Boys: Puberty begins between ages 10 and 13.

Talk to your son about his first ejaculation. Explain that the testes and scrotum will enlarge, and pubic hair will soon emerge.

It's always helpful to listen and relate to your teens. Remind them that everyone's journey is unique. Sharing a personal experience shows them that it's okay to have an open and honest conversation with you.

USE APPROPRIATE LANGUAGE

When describing reproductive acts and body parts, speak factually and use the correct names. Young children tend to be very literal. If you're feeling too awkward yourself, inject some humour but make sure not to overdo it. Sex education can be fun, but it shouldn't be sugar coated.

Take a look at this guide and try it out with your kid.

Age (years)	Level of understanding	How to approach
3 to 5	Names of private body parts. A simple explanation of where babies come from.	"You grew inside Mom's uterus until you were big enough to come out into this world."
5 to 7	Starts asking how babies are made. Basic understanding of intercourse.	"Mom has a small egg inside her and Dad has something called sperm. When these two join together, the egg grows into a baby."
8 to 10	A clearer understanding of sex which may lead to: Why do people have sex? How does Dad's sperm find Mom's egg?	"The penis is inserted into the vagina, where it deposits the sperm. The sperm has a tail, which allows them to swim toward the egg."
11 to 12	The start of puberty increased curiosity about the body and body changes.	"Sex without consent is rape. It is wrong and should never be allowed."

WHAT QUESTIONS CAN I EXPECT?

Children can be quite unpredictable, so here are a few questions to prepare yourself with. When the time comes, you'll know exactly what to say:

- Where do babies come from?
- Why do I have breasts? When will they get bigger?
- Why do I have hair growing around my groin area?
- Why haven't I gotten my period yet?
- Why don't boys have a period?

WHAT IF I CAN'T ANSWER A QUESTION?

Let's face it, sometimes we just don't know everything. If your kid has left you with a tricky question or complicated matter, don't brush it off. Admit that there is a lot to learn about the topic. Then, get professional help.

Go to a paediatrician or a family counsellor who can talk to your kid directly. Some children may feel embarrassed to clear off personal doubts or feel insecure about their physical appearance. In that case, a qualified third party may need to sit at the table.

Alternatively, you may introduce your kid to age-appropriate books or sites that approach sex and sexuality themes well. Who knows, you may learn a thing or two too.

WHAT THE FIGURES HAVE TO SAY

According to the Public Health's National Health and Morbidity Survey (NHMS): Adolescent Health Survey (AHS) 2022 which looked at 33,523 students aged 13 to 17 years old:

- 33% of youth had sex before the age of 14 years old.
- 88% are found not using any birth control method.
- 88% are found not using condoms.
- 11% reported having more than one sexual partner.
- 75% reported having sex recently.

The above statistics further prove the need for proper sex education as soon as possible, and education begins at home. Engaging in the 'sex talk' can be an emotional experience for parents too. So be kind to yourself and enjoy the process. ■

Sources: Healthline, The Asian Parent, Positive Parenting Malaysia

Understanding Puberty: Milestones and Changes in Girls and Boys

Exploring the stages of growing up

By Yasanthi Devi

Puberty is a stage in a child's life when their body starts to grow and transform as they move toward becoming an adult. It's the time when they experience physical changes that allow them to reach sexual maturity. Puberty follows a specific path with a series of physical changes, but the emotional changes may not happen at the same rate. Each child's journey through puberty is unique, with physical and emotional changes starting and ending at different ages.

Helping your child understand the changes that occur during puberty can give them a better idea of what to anticipate. If you or your child have any worries or questions about the way puberty is progressing, it can be beneficial to seek guidance from a pediatrician for further support.

In this article, we'll take a look at development milestones during puberty for boys and girls. During puberty, both boys and girls experience significant physical, emotional, and cognitive changes as their bodies mature and prepare for adulthood. While there can be individual variations, here are some general development milestones for boys and girls during puberty.

What is puberty?

Puberty is triggered by complex hormonal changes that occur in the body. The key trigger for the onset of puberty is the activation of the hypothalamus-pituitary-gonadal (HPG) axis, which involves interactions between the brain, pituitary gland, and reproductive organs.

Puberty starts when a specific part of your child's brain, known as the hypothalamus, starts to produce a hormone called gonadotropin-releasing hormone (GnRH). This hormone is then sent from the hypothalamus to a different part of the brain called the pituitary gland. The pituitary gland is stimulated by GnRH to release two additional hormones called luteinizing hormone (LH) and follicle-stimulating hormone (FSH). These hormones travel to the sex organs, such as the ovaries in girls and the testes in boys. Once they reach the sex organs, they trigger the release of sex hormones, namely estrogen in girls and testosterone in boys. These sex hormones act as messengers and bring about the visible signs of puberty.

ESTROGEN
TESTOSTERONE

In girls, the ovaries begin to produce estrogen, which leads to breast development, the growth of pubic and underarm hair, and the start of menstruation. In boys, the testes start producing testosterone, which leads to the growth of the testicles, the development of facial and body hair, the deepening of the voice, and other changes associated with male sexual maturation.

The precise mechanisms that trigger the activation of the HPG axis have yet to be fully understood. However, factors such as genetics, nutrition, body weight, and environmental factors may influence the timing and progression of puberty. Additionally, the onset of puberty can be influenced by overall health and well-being.

It is important to note that the timing and progression of puberty can vary among individuals. If there are concerns about the timing or signs of puberty, it is advisable to consult with a healthcare professional for further evaluation and guidance.

When does puberty start for boys?

Typically, boys begin their journey through puberty at some point between the ages of 9 and 14 years old. It's worth noting that boys generally start puberty approximately two years later than girls.

If you observe signs of puberty in your son before the age of 9 years old, it would be beneficial to consult your trusted pediatrician regarding these early changes. Similarly, if no signs of puberty have occurred by the age of 15 years old, it would be advisable to discuss this delay with the pediatrician as well.

Developmental milestones for boys

During puberty, boys go through various developmental milestones as they transition from childhood to adolescence. Some of the key milestones include:

PHYSICAL CHANGES:

- **Growth spurt:** Boys experience a rapid increase in height, typically occurring between the ages of 12 and 16 years old.
- **Testicular enlargement:** The testicles begin to grow larger and may experience some colour changes.
- **Penis growth:** The penis gradually increases in size as puberty progresses.

- **Pubic hair development:** Pubic hair starts to grow in the pubic region and becomes thicker and coarser over time.
- **Facial and body hair:** Boys may begin to grow facial hair, such as a mustache or beard, and hair in other body areas, including the underarms.

- **Voice changes:** The voice deepens as the vocal cords thicken, resulting in a more mature tone.
- **Muscle development:** Boys may notice an increase in muscle mass and strength as their bodies undergo changes during puberty.
- **Acne:** Many boys experience the development of acne due to heightened oil production in the skin.

EMOTIONAL AND SOCIAL CHANGES:

- **Heightened self-consciousness:** Boys become more aware of their appearance and body image.

- **Emotional fluctuations:** Hormonal changes can cause mood swings and varying emotions.

- **Growing independence:** Boys may seek more freedom and assert their independence.

- **Exploring new interests:** They may develop new hobbies and explore different areas of interest.

- **Emerging sexual awareness:** Boys start experiencing sexual thoughts, feelings, and attraction.

When does puberty start for girls?

On average, girls typically enter puberty around two years earlier than boys. The onset of puberty in girls usually occurs between the ages of 8 and 13 years old.

The timing of puberty varies among individuals. While some girls may experience early changes known as precocious puberty, others may encounter these changes later, often referred to as delayed puberty. It's important to recognize that not everyone will go through puberty at the same time.

Developmental milestones for girls

Puberty is a significant period of development for girls as they transition from childhood to adolescence. Here are some key milestones that girls typically experience during puberty:

PHYSICAL CHANGES:

- **Breast development:** Girls undergo breast development, which may cause tenderness or soreness in the nipples.

- **Growth spurt:** Girls experience a significant increase in height, typically occurring between the ages of 10 and 14 years old.

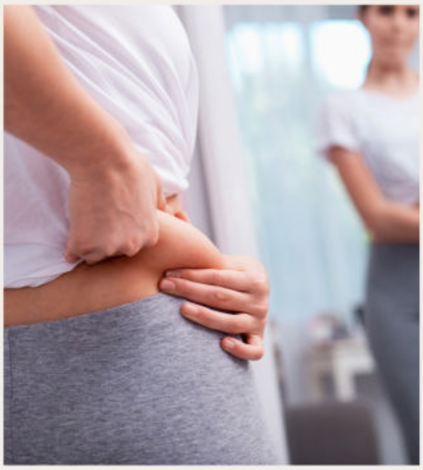
- **Pubic hair growth:** Pubic hair starts to grow, gradually becoming coarser and thicker.

- **Menstruation:** Girls begin to have their menstrual periods, typically starting between the ages of 9 and 16 years old.

- **Hip widening:** The hips gradually widen, and there are changes in body fat distribution.

EMOTIONAL AND SOCIAL CHANGES:

- **Heightened body image awareness:** Girls may become more aware of and concerned about their body shape and size.



- **Emotional shifts:** Hormonal changes can result in mood swings, irritability, or heightened sensitivity.

- **Heightened focus on appearance:** Girls may show an increased interest in trying out different styles of clothing, makeup, and hairstyles.

- **Developing new friendships:** Social circles expand, and girls may form closer relationships with peers.

- **Developing sexual feelings:** Girls begin to experience sexual thoughts, feelings, and attraction.

General tips for parents

When children go through puberty, it can be a challenging and confusing time for both them and their parents. Here are some guidelines to help parents navigate this period:

#1

Provide accurate knowledge

Educate yourself about puberty and equip your child with age-appropriate information about the transformations they will go through.

#2

Foster open dialogue

Create a nurturing and secure environment where your child feels comfortable asking questions and sharing their concerns.

#3

Honour personal space

While it's crucial to be available, acknowledge and respect your child's need for privacy during this voyage of self-discovery.

#4

Instill good hygiene habits

Educate your child about proper hygiene practices, including the significance of regular bathing, using deodorant, and tending to their evolving bodies.

#5

Encourage wholesome lifestyle choices

Motivate your child to partake in regular physical activity, maintain a balanced diet, and prioritise sufficient sleep.

#6

Monitor emotional well-being

Stay observant of your child's emotional health, and if you notice persistent signs of distress or changes in behavior, consider seeking professional assistance.

#7 Seek expert guidance if needed

If you have concerns about your child's development or if they appear notably ahead or behind in their physical or emotional changes, consult a healthcare professional for further assessment.

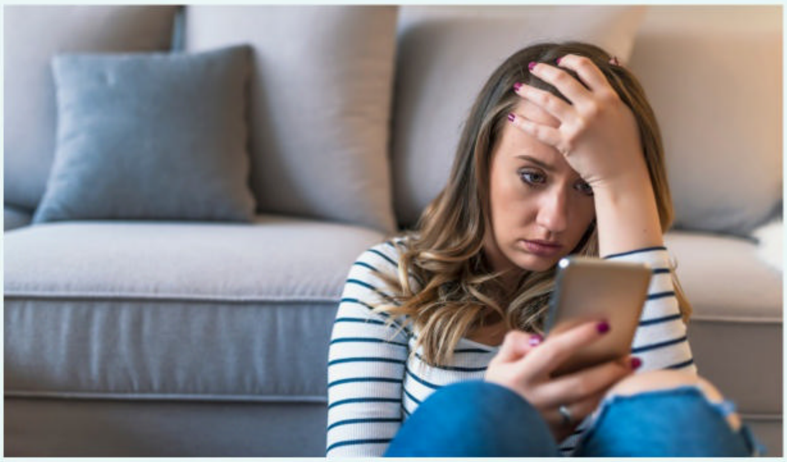
Remember, every child is different, and the rate of development can vary widely. It is crucial to provide support, understanding, and a safe space for your kids when they're dealing with this transitional phase in their lives. ■

Source: Healthline, Cleveland Clinic, WebMD

EXPOSING CYBERCHONDRIA

Think before typing your symptoms on the 'search bar'

By Yasanthi Devi



The internet is a gold mine of knowledge, covering everything from the most esoteric subjects to the most recent and popular news. Free knowledge is essentially at our fingertips because of the growth of the internet. Many people take advantage of this benefit to look up facts, recipes, and memes as well as diagnose illnesses based on their present-day symptoms.

The latter part of this could be concerning because worrying about our health is only a click away. Some individuals tend to assume that because it appears as though the internet has the solutions to every problem, it also has the solutions to health issues. While that is somewhat true, it does not guarantee the authenticity and reliability of the information.

Almost everything you see on the internet is best consumed with a grain of salt.

LET'S DELVE INTO CYBERCHONDRIA

Cyberchondria is a term coined to refer to people who use the internet as their main source of reference to diagnose their ailments or symptoms. This phrase specifically applies to those who frequently use the internet to look up signs and symptoms of illnesses, and then become upset and worried about the numerous diagnoses they may discover.

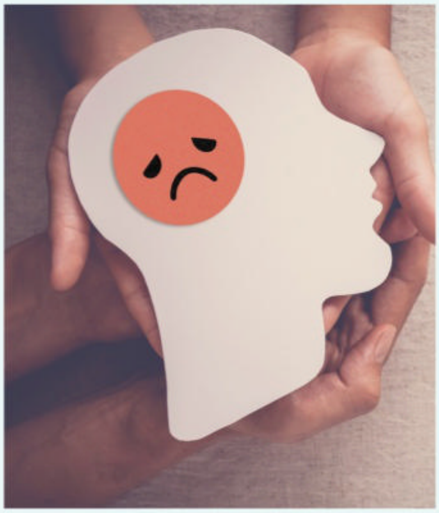
It's closely tied to the term hypochondria in which both conditions consist of excessive worrying about one's health. In other words, cyberchondria is an extension of hypochondria with the addition of the internet.

> AN ILLOGICAL AND COMPULSIVE FEAR OF DEVELOPING A MAJOR MEDICAL CONDITION IS KNOWN AS HEALTH ANXIETY. IT CAN ALSO BE REFERRED TO AS HYPOCHONDRIA.

WHAT IS HEALTH ANXIETY?

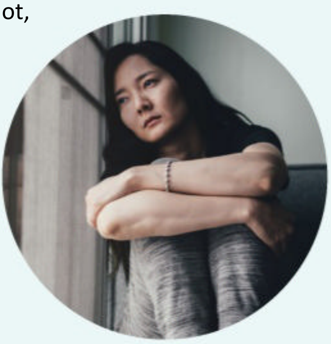
An illogical and compulsive fear of developing a major medical condition is known as health anxiety. It can also be referred to as Hypochondria. A person with this syndrome will often imagine having bodily signs of illness.

Or, in other instances, it's a person mistaking minor or typical bodily sensations for major disease symptoms despite being told by medical specialists that they are healthy.



WHO IS MOST VULNERABLE WHEN IT COMES TO CYBERCHONDRIA AND HYPOCHONDRIA?

Experts theorise that if you're generally a person who worries a lot, you may be more likely to worry excessively about your health. In some circumstances, excessive worrying can also be a symptom of underlying mental health conditions such as depression or anxiety disorders.



WHAT IS THE DIFFERENCE BETWEEN GENERAL WORRY ABOUT ONE'S HEALTH AND HEALTH ANXIETY?

It's normal to feel worried if your body is letting you know that you're ill. However, if you're constantly thinking that you're experiencing a symptom (or symptoms) of an illness, it may be a sign of health anxiety.

It's not normal when this worry debilitates you to the point where you're unable to function or go about your day-to-day life. People with health anxiety also tend to not believe or may be skeptical about the results of a doctor's report if it came back negative as they're convinced that they are indeed experiencing said disease.

WHAT MAY BE THE SIGNS OF HEALTH ANXIETY?

According to the American Psychiatric Association (APA), health anxiety can be characterised by the following (but not limited to):

- Excessive worry about medical problems.
- Continuously screening the body for disease such as signs of illness, lumps, or pain.
- Obsessively looking for information pertaining to health on any form of media.

TIPS TO MANAGE CYBERCHONDRIA

#1 LEARN TO CHALLENGE YOUR BELIEFS

Try to be conscious and differentiate between your general worry and your excessive worrying. Ask yourself important questions like:

- Is this what my body truly feels or am I overthinking?
- How reliable is this information on the internet?

NEWS
HEALTHCARE

#2 CONSULT A DOCTOR TO GET A CLEARER PERSPECTIVE ON YOUR QUALMS

Medical experts like doctors know best when it comes to credible diagnoses of symptoms you may be experiencing. Please trust your doctor's input and get second opinions from a different doctor if needed.

#3 CONSULT A MENTAL HEALTH EXPERT IF HEALTH ANXIETY IS DEBILITATING

If this condition interferes with your quality of life and impacts your work, academic life, or relationships, please consider seeking help from reliable experts to help improve your livelihood.

This is a Whitecoat 360 article. Whitecoat 360 aims to bridge the gap between healthcare providers and the community. Looking to increase brand visibility for your independent pharmacy? Join Whitecoat 360 as an advisor! You can check out *www.whitecoat360.com* for further information. ■

WHITE COAT 360

Source: Healthline, Mayo Clinic, NHS England

THE ABCS OF CAREGIVING

A step-by-step guide for first-time caregivers

By Yasanthi Devi

Caring for a loved one who is sick, elderly, or disabled can be a challenging and emotional experience, especially for first-time caregivers. Whether it's a sudden illness or a long-term condition, taking on the role of caregiver can be overwhelming and stressful. However, it can also be a rewarding experience that allows you to make a positive difference in someone's life.

In this article, we will provide a guide for first-time caregivers, including tips on how to educate yourself, build a support network, communicate effectively, and take care of yourself while providing care for your loved one. Whether you're a spouse, child, or friend, we hope this article will offer helpful information to help you navigate the challenges and responsibilities of being a caregiver.

Before we delve further, we just wanted to let you know that you've been doing great so far and we appreciate you!

Now, let's take a look at some tips to help guide you as a first-time caregiver.

#1 EDUCATE YOURSELF

To provide optimal care for the person you are looking after, it's essential to familiarise yourself with their specific medical condition or illness. By gaining knowledge about the symptoms, treatment alternatives, and future outlook, you can anticipate their requirements more effectively and offer good care. This understanding can make a significant difference in how you support and care for them, ensuring that their needs are met with compassion and expertise.

DEVELOP
A REGULAR
DAILY
ROUTINE

#2 ESTABLISH ROUTINES

Creating a structured daily routine can be highly beneficial for both you and the individual under your care, offering a sense of organisation and control. This routine can encompass several elements, such as a fixed timetable for mealtimes, medication, and activities. By adhering to a consistent schedule, you can help ensure that crucial tasks are accomplished efficiently and on time, promoting a greater sense of stability and well-being for all involved.

#3 BUILD A SUPPORT NETWORK

Caring for someone can often be an isolating experience, thus making it crucial to establish a reliable support network. This network can consist of individuals such as family members, close friends, or even support groups, providing a sense of community and understanding.

It's essential to recognise that asking for assistance is not a sign of weakness, but rather a way to maintain your own well-being while still providing good care. By reaching out to your support network when necessary, you can share the responsibility of caregiving and alleviate the feelings of isolation that often accompany it.

#4 COMMUNICATE EFFECTIVELY

One of the most crucial elements of providing quality care is effective communication. It's essential to actively listen to the person you are caring for and ensure that you have a clear understanding of their needs and concerns.

Equally important is clearly communicating your expectations and requirements to them. By prioritising open and honest communication, you can establish a relationship built on mutual understanding, trust, and respect. This can help to create a positive and supportive caregiving environment that meets the needs of all involved.

#5 BE PATIENT

At times, caregiving can prove to be a challenging and demanding task, but it's essential to maintain a patient and understanding demeanor. It's crucial to bear in mind that the person you are caring for is facing a difficult and potentially overwhelming situation, and may require additional support and empathy.

By demonstrating patience and a compassionate attitude, you can help ease their stress and anxiety, fostering a positive and nurturing environment. This can enhance the overall caregiving experience for both you and the individual in your care, promoting a greater sense of well-being and connection.

#6 TAKE CARE OF YOURSELF

Providing care to someone can be a strenuous task, both physically and emotionally. It's crucial to prioritize self-care to ensure that you are capable of providing the best possible care. This can involve various measures, such as getting sufficient rest, maintaining a nutritious diet, and taking regular breaks when necessary.

By taking care of your physical and emotional well-being, you can reduce the risk of burnout and exhaustion and offer the highest quality care to the person under your care. Remember, caring for yourself is a fundamental aspect of providing excellent care to others.

#7
SEEK PROFESSIONAL HELP

If you find yourself feeling overwhelmed, it's essential to recognise that seeking professional help is a viable option. A counselor or therapist can offer invaluable guidance and support as you navigate the unique challenges that caregiving can bring.

By seeking their assistance, you can access an impartial perspective, learn coping strategies, and gain insight into managing your emotions and stress levels. Remember that seeking professional help is not a sign of weakness, but rather a proactive step towards maintaining your well-being and providing the best possible care to your loved one.

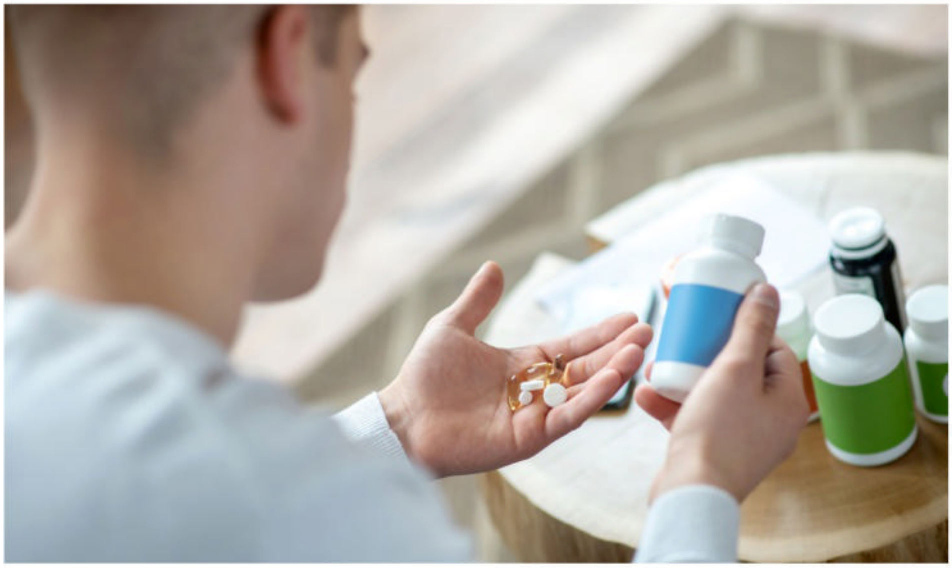
Please also remember, you're not alone in this. There are many people who care about you and want to help. Reach out to them when you need it. ■

Source: American Association of Retired Persons (Family Caregiving), Family Caregiving Alliance (Caregiving.org), The Care Issue (Jaga-Me)

Supplements for Men's Health

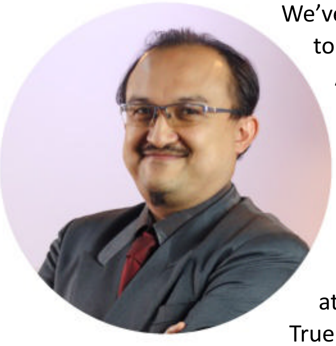
Insights from a pharmacist

By Yasanthi Devi



According to a special report from the Family Health Development Division, Ministry of Health Malaysia (2019), heart disease and stroke are two out of three leading causes of death for Malaysian males. Men are also thought to be less likely to seek medical check-ups or health screenings as compared to women.

It's important for males to not be complacent when it comes to their health. With that in mind, we urge our fellow male readers to go for a health screening at their nearest health facility. Lads, if you're on track with your health screenings (good job, by the way!) and you're looking to further improve your health, supplements are one good area you can look into.



We've gotten in touch with Farik Abdul Rahman a community pharmacist at Reefaa Pharmacy and Training Director at Wellesta Truelife to share his insights on how supplements can help improve men's health.

1Twenty80:

How do supplements help improve men's health?

Farik Abdul Rahman:

Our body needs nutrition and to put it specifically, different parts of our body require different types of vitamins, minerals, amino acids, and proteins. If a man is not taking a well-balanced diet, he doesn't get all the nutrition for the body to function properly.

Furthermore, if the man is stressed, exposed to a lot of toxins, and eats fast food, the requirement to take supplements is highly recommended. Supplements help ensure the body remains healthy.

1Twenty80:

Are there any natural ingredients that can benefit overall men's health?

Farik:

If we're looking at specific ingredients or foods in the diet, it depends on the requirement of the individual. For example:

» PUMPKIN SEEDS

Pumpkin seeds help ensure prostate health.

SHELLFISH

If a lot of zinc is required, they can eat seafood (primarily shellfish) that are rich in zinc such as oysters. Zinc is very important to enhance a man's fertility.

FATTY FISH

Men have a higher tendency to develop heart-related problems. Hence, increasing their omega-3 intake through their diet by including fatty fish such as salmon and tuna may help. However, it’s important to take note that when consuming fish that have omega-3, it should not be fried. Omega-3 is heat sensitive and frying the fish may disrupt the omega-3 quality in the fish. Therefore, it’s highly recommended to keep the fish as raw as possible. Eating raw fish such as salmon is common in a Japanese cuisine, known as *sashimi*.

PISTACHIOS

Pistachios are rich in protein and fibers. Pistachios are plant-based and their high protein content helps repair the muscles.

TART CHERRIES

Gout sufferers consist of approximately 90 percent men. In order to break down uric acid and excrete it, the body needs a special type of enzyme. Tart cherries are known for their anti-inflammatory and antioxidant properties and they contain this unique enzyme that helps in the breaking down process.

GINGER

Ginger is good for joints. When it comes to men, they tend to have a higher number of muscles. Due to this, they tend to experience muscle aches or pains, and ginger can help them to relieve the ache and improve joint flexibility.

SOY PRODUCTS

Soy contains phytoestrogen and phytoestrogen is beneficial for male health in many ways. Phytoestrogen helps keep the prostate healthy and reduce as well as prevent the enlargement of the prostate. Benign prostatic hyperplasia (BPH) patients especially may benefit from this.

MEN ARE ENOCURAGED TO STOP SMOKING AND VAPING. REDUCE SUGAR CONSUMPTION AS SWEETS CAN BE PRO-INFLAMMATORY. PROCESSED FOODS SHOULD ALSO BE REDUCED FOR BETTER HEALTH.

1Twenty80:

Are there any lifestyle changes that men should look into for better health?

Farik:

Men are encouraged to stop smoking and vaping. Reduce sugar consumption as sweets can be pro-inflammatory. Processed foods should also be reduced for better health.

1Twenty80:

Are there any natural ingredients that men should look out for before consuming?

Farik:

High-protein foods such as red meat should be reduced or avoided (if possible). Instead, men are recommended to take lean meat where the fat is cut off. Grilled or smoked food such as *satays* or barbecued foods should be reduced as well. Consuming grilled or smoked food may increase an individual's exposure to free radicals. Free radicals may negatively impact the artery walls, leading to conditions such as the hardening of arteries or arteriosclerosis.

1Twenty80:

Is it possible for men to benefit from each of these ingredients through food consumption alone?

Farik:

A well-balanced diet is the key for the male to reap the benefits of each of the ingredients through food consumption alone. It's also ideal if the relevant food component is consumed raw without added processed ingredients, flavourings, or added cooking methods such as cooking on the stove too long. This is to prevent nutrients from being lost during cooking.

As a man age, physiological changes play an important role in maintaining good health. Physiological changes can impact the absorption rate in the body as a male ages, even though one maintains the same diet. These physiological changes may include a reduction in the gastrointestinal tract, reduced kidney, heart, and lung function. Supplements help when the body is going through these physiological changes. All in all, supplements play a role in ensuring the body is getting the proper nutrients during these periods of change.

1Twenty80:

Are there any contraindications that men should be aware of before consuming these supplements?

Farik:

If an individual has comorbidities and is currently taking medicines such as blood thinners, they need to know whether the supplements they are taking possess the same effect. As an example, if an individual is consuming aspirin (Aspirin is consumed as a blood thinner to reduce the incidence of stroke or heart attack), the individual cannot consume supplements that have a blood-thinning effect. For example, herbs like Gingko Biloba should be avoided as it has blood-thinning effects. Fish oil at a certain dose or a high dose may also possess a blood thinning effect. Individuals are highly advised to consult a pharmacist to ensure there are no contraindications.

> ALL IN ALL, SUPPLEMENTS PLAY A ROLE IN ENSURING THE BODY IS GETTING THE PROPER NUTRIENTS DURING THESE PERIODS OF CHANGE.

1Twenty80:

At what age, should men start taking supplements to benefit their health?

Farik:

They can start from a young age, however, it's important to note that it all depends on the symptoms or the need of the body. As they age or grow older, the need and the type of supplements also may change. Let's say, from the age of 20 or 25 years old, they can consider taking multivitamins, and vitamins like A, C, and E. As they enter their forties, they can start taking zinc tablets which will help them further improve their muscle mass and strength. For those in their sixties and above, they can consider calcium supplements, fish oil, and zinc and some may even consume saw palmetto and pumpkin seeds.

It's important for individuals to identify the needs or symptoms exhibited by their body and consider supplements to match their situation. For example, if it's issues pertaining to fertility where a man has a low sperm count, they can consider consuming specific supplements such as Tongkat Ali or Maca Root to increase the sperm count, to improve the quality and motility of the sperm. ■

truelifesciences
BARLEANS EE™

High Strength Fish Oil

- ✓ **Pharmaceutical Grade**
- ✓ **High Strength Fish Oil**
  EPA: 432mg
  DHA: 288mg
- ✓ **Fish Gelatin**

truelifesciences
BARLEANS
OMEGA 3
EE
FISH OIL
1200mg
120's Soft Fish Gelatin Capsules

(As a health supplement)

Copyright @ B Sante International TARIKH TAMAT TEMPOH : 31 /12/2024 *This is a supplement product advertisement.* KKLIU 2016/2022 MAL 22016041NCR

THE D-FENDER OF HEALTH

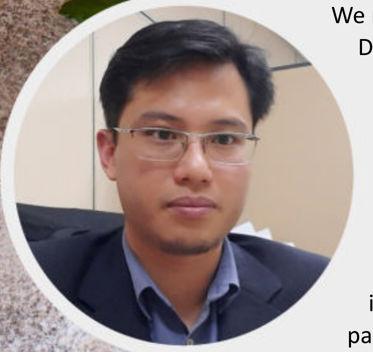
A pharmacist's sunny side perspective on vitamin D

By Yasanthi Devi

Have you ever heard of 'sunshine vitamin'? 'Sunshine vitamin', also known as Vitamin D is a crucial nutrient that has gained increasing recognition for its numerous health benefits. Whilst the sun is the best source of vitamin D, it's also worth noting that there may be a small handful of food sources out there that also has vitamin D. However, it's difficult to get adequate vitamin D from diet alone.

Another interesting fact about vitamin D is that there are many people out there who experience vitamin D deficiency due to factors such as climate or geographical locations that limit one's sun exposure. People who live farther away from the equator may make less vitamin D in their skin.

Malaysia strategically sits on the equatorial line and ideally, we're at a prime location for sufficient vitamin D needs. However, that's not truly the case for many Malaysians out there.



We recently interviewed Dr. Shamin Mohd Saffian, Pharmacist at My Antidote Pharmacy and Senior Lecturer at the Faculty of Pharmacy, Universiti Kebangsaan Malaysia on this topic. He explained that upon his research (which involves approximately 14,000 participants), it was revealed that more than 60 percent of the participants were experiencing vitamin D insufficiency (not to be confused with deficiency).

This caught our interest and we wanted to dig further into the topic of Vitamin D and everything there is to know about it.
Here's what Dr. Shamin has to say.

1Twenty80:

WHAT IS THE ROLE OF VITAMIN D IN THE BODY AND WHY IS IT IMPORTANT FOR OVERALL HEALTH?

Dr. Shamin Mohd Saffian:

Vitamin D has many roles in the body, too many to list down. Perhaps the most well-known is its function to maintain calcium and phosphorus levels that are necessary for building bones. However, its role extends beyond just the maintenance of calcium and phosphorus levels in the body. Vitamin D plays a pivotal role in the immune system. There is strong evidence demonstrating that adequate vitamin D levels in the blood can prevent respiratory tract infections such as cough, cold, and pneumonia. Adequate vitamin D levels have also been shown to reduce the disease severity in COVID-19 and several other health conditions. There is also a lot of evidence on the role of vitamin D in cancer, heart diseases, insulin resistance, and preeclampsia. Hence, it is really important to maintain adequate levels of vitamin D in the body at all times.

1Twenty80:

WHY IS IT CRUCIAL FOR US TO OBTAIN AMPLE VITAMIN D, EVEN IN TROPICAL CLIMATES LIKE MALAYSIA WHERE WE ARE BLESSED WITH ABUNDANT SUNSHINE?

Dr. Shamin Mohd Saffian:

Despite popular belief that there is an abundance of sunlight year-round, the data from multiple studies conducted in Malaysia suggests otherwise. My research team recently published an article where we looked at data from almost 14000 participants and we found that the prevalence of vitamin D insufficiency was more than 60 percent. This was surprising and also alarming. It is likely that the hot and humid weather is the main contributor to people avoiding sun exposure. We are also sometimes told to limit outdoor activities during hot spells. Other important contributors are clothing and sunscreen use. I would recommend everyone to take note of the number of minutes they are exposed to the sun in a day or even throughout the week. You may be surprised to discover that it may not even be half an hour.

1Twenty80:

HOW LONG DOES ONE HAVE TO BE IN THE SUNLIGHT TO ABSORB SUFFICIENT VITAMIN D? WHAT IS THE SUITABLE TIME TO BE UNDER THE SUN TO ABSORB VITAMIN D?

Dr. Shamin Mohd Saffian:

This is an interesting question. The short answer is it varies greatly. In order to understand this, let me elaborate further. Our body makes a precursor of vitamin D. This sits under the layer of the skin called the epidermis. When the uncovered skin is exposed to UV-B, the precursor of vitamin D is converted to the storage form of vitamin D called cholecalciferol or 25OHD. This is the main circulating form of vitamin D that is activated by the kidneys when it is required by the body. Of note, there are three types of UV:

- **UV-A**
- **UV-B**
- **UV-C**

UV-C is the shortest wavelength of the three. UV-C gets filtered by the ozone and does not typically reach Earth. UV-B has a shorter wavelength than UV-A, but it is also easily filtered by clothing, sunscreen, or most things that create a shadow.

Besides that, when the skin gets exposed to the sun, it will form more melanin that filters out the UV-B (hence this is why you get darker when exposed to the sun more). Furthermore, the altitude also plays a role as the sun needs to travel further and gets filtered through the way. I would like to quote a local study that has demonstrated that minimal surface exposure (specifically, face and hands) to sunlight for 30 minutes, two times per week at 11 am, could result in a 40 percent increase in serum vitamin D levels. But then, this depends on the individual as well because some individuals may have sensitive skin, and being exposed to the sun for 30 minutes may cause irritation. So, all these factors make estimating the amount of sun required for adequate vitamin D levels tricky.

> AS YOU CAN SEE, IT IS RELATIVELY DIFFICULT TO GET VITAMIN D FROM DIET ALONE, AND FURTHERMORE, IT IS NOT THE TYPE OF FOODS THAT ARE COMMON IN THE MALAYSIAN DIET.

1Twenty80:

WHAT ARE THE MAIN DIETARY SOURCES OF VITAMIN D, AND IS IT POSSIBLE TO GET ENOUGH VITAMIN D THROUGH DIET ALONE?

Dr. Shamin Mohd Saffian:

In general, it is difficult to get adequate vitamin D from diet alone. Dietary sources are mainly fatty fish; however, this is again, a bit tricky because it depends on the diet of the fish. Plant sources are mushrooms that have been exposed to UV-B radiation. Some other foods contain vitamin D but at low levels. Contrary to popular belief, milk does not contain a significant amount of vitamin D. Those that do are usually fortified. As you can see, it is relatively difficult to get vitamin D from diet alone, and furthermore, it is not the type of foods that are common in the Malaysian diet.

1Twenty80:

WHAT ARE THE RECOMMENDED DAILY DOSAGES OF VITAMIN D FOR DIFFERENT AGE GROUPS AND POPULATIONS?

Dr. Shamin Mohd Saffian:

Vitamin D dosage recommendation varies with age groups and also varies widely between guidelines. These are the main two influential guidance documents for vitamin D in the scientific community. The Endocrine Society recommends a much higher upper limit of up to 10,000 IU per day for adults compared to the Institute of Medicine which recommends an upper limit of 4000 IU per day without blood testing. The Recommended Nutrition Intakes for Malaysia (RNI) follows the Institute of Medicines recommendations. Hence, in short, at least 600 IU for adults, children, and adolescents 600 IU/day, infants under one-year-old 400 IU/day. If the individual is obese (BMI>30), then he or she may require two to three times more. For adults, I would generally recommend 1500 – 2000 IU per day depending on how much natural sun exposure you get.

1Twenty80:

WHAT ARE THE SYMPTOMS AND HEALTH CONDITIONS ASSOCIATED WITH VITAMIN D DEFICIENCY?

Dr. Shamin Mohd Saffian:

If the individual has vitamin D deficiency (defined as <30 nmol/mL of 25OHD), it can cause rickets which is a condition in which the bones become soft and deformed. However, the majority of Malaysians are not vitamin D deficient but are vitamin D insufficient (defined as blood levels of 50 nmol/mL), so the symptoms may be less obvious. Low vitamin D has been associated with a whole host of conditions. It is associated with skeletal muscle weakness, compromised immune system, insomnia, and other psychiatric conditions. If the individual has low calcium (due to inadequate vitamin D), they can also get muscle cramps, spasms, numbness, and other symptoms related to calcium deficiency.

> IF THE INDIVIDUAL HAS VITAMIN D DEFICIENCY, IT CAN CAUSE RICKETS WHICH IS A CONDITION IN WHICH THE BONES BECOME SOFT AND DEFORMED.

1Twenty80:

HOW CAN SOMEONE DETERMINE IF THEY HAVE A VITAMIN D DEFICIENCY, AND ARE THERE SPECIFIC TESTS THAT CAN BE DONE?

Dr. Shamin Mohd Saffian:

Yes. The most accurate will be to order a blood test of 25-Hydroxy Vitamin D or 25 OHD (not to be confused with 1,25 dihydroxy vitamin D; 1,25 OHD). This is not usually done in routine screening tests and therefore needs to be added on. Do request a vitamin D level test from your doctor and bring it to a qualified health professional to interpret the results.

1Twenty80:

WHAT ARE THE POTENTIAL RISKS AND SIDE EFFECTS OF TAKING TOO MUCH VITAMIN D?

Dr. Shamin Mohd Saffian:

You can never overdose on vitamin D from sun exposure because any excess vitamin D made will be destroyed by the sun. You may get sunburn, but not vitamin D toxicity. In terms of supplements, yes of course! Bear in mind that we should only supplement using vitamin D3 (or D2 but this is rarely found in Malaysia), and not the active form of vitamin D called calcitriol. Vitamin D3 supplements are generally very safe up to 4,000 IU per day. Furthermore, in Malaysia, vitamin D sold as supplements have a maximum of 1000 IU per tablet or capsule, which is 4 tablets per day is still perfectly fine.

1Twenty80:

CAN VITAMIN D INTERACT WITH OTHER MEDICATIONS OR SUPPLEMENTS?

Dr. Shamin Mohd Saffian:

Yes, vitamin D can be taken with other medications and supplements. Most of the interaction is affecting vitamin D absorption rather than the other way around. These are mainly those that affect fat absorption because vitamin D is a fat-soluble drug. Besides that, vitamin D affects the levels of calcium, magnesium, and other minerals. It is not necessarily dangerous, but it is best to seek a health professional's advice if you are taking vitamin D with other medication.

1Twenty80:

ARE THERE ANY MEDICAL CONDITIONS OR MEDICATIONS THAT CAN INTERFERE WITH THE ABSORPTION OR UTILIZATION OF VITAMIN D?

Dr. Shamin Mohd Saffian:

Yes. Ageing reduces the efficiency of the skin to make vitamin D. Other than that because vitamin D is fat-soluble, people with high body fat may require two to three times the normal doses or any medications that affect the fat in the body. Those who have altered function gastrointestinal tract such as inflammatory bowel diseases can affect how vitamin D is absorbed. There are also genetic variations that affect an enzyme called 25-hydroxylase, which is an enzyme that converts the storage form of vitamin D to the active form.

1Twenty80:

IS IT SAFE TO TAKE VITAMIN D SUPPLEMENTS WHILE PREGNANT OR BREASTFEEDING? ARE THERE ANY SPECIFIC DOSAGE RECOMMENDATIONS FOR THESE POPULATIONS?

Dr. Shamin Mohd Saffian:

Yes, in fact, pregnant women are one of the groups at the highest risk of vitamin D deficiency. A recent study by Mustapa and colleagues reported vitamin D insufficiency of about 90 percent in late pregnancy. Low vitamin D levels are associated with an increased risk of preeclampsia. In terms of breastfeeding, the breast milk will contain very little vitamin D. If the mother is vitamin D deficient, this would be even less. Hence the infant will be vitamin D deficient for the whole period when he or she is exclusively breastfed.

1Twenty80:

ARE THERE ANY NATURAL ALTERNATIVES TO VITAMIN D SUPPLEMENTATION THAT CAN HELP MAINTAIN ADEQUATE VITAMIN D LEVELS?

Dr. Shamin Mohd Saffian:

Unfortunately, no. The most natural, free, and perhaps the healthiest way is to get sensible sun exposure several days a week. ■

References:

1. Mohd Saffian S, Jamil NA, Mohd Tahir NA, Hatah E. Vitamin D insufficiency is high in Malaysia: A systematic review and meta-analysis of studies on vitamin D status in Malaysia. Front Nutr. 2022 Nov 18;9:1050745. doi: 10.3389/fnut.2022.1050745
2. Mustapa Kamal Basha MA, Abdul Majid H, Razali N, Abd Rashed A, Muhammad H, Yahya A. Longitudinal vitamin D deficiency among Malaysian
3. pregnant women and its correlation with neonatal serum 25-hydroxyvitamin D levels. Front Public Health. (2021) 9:654292. doi: 10.3389/fpubh.2021.654292
4. Aris N, Mitra AK, Wan Mohamed WMI, Wan Muda WAM, Jan Mohamed HJ. Effects of occupational sunlight exposure and monsoon season on vitamin D concentration among outdoor and indoor workers in Malaysia. Malaysian J Nutr. (2020) 26:425–39. 10.31246/mjn-2020-0038
5. Aris, Norliyana (2020) Risk factors of vitamin D deficiency and the effects of sunlight exposure and vitamin D supplementation on serum vitamin D level, adiponectin, cardiometabolic risk factors and metabolic syndrome among adults in Kelantan. PhD thesis, Universiti Sains Malaysia

This piece was an interview with a White Coat 360 pharmacist

WHITE COAT 360

SKIN-FIX CREAM

A Natural Topical Solution For

WOUND HEALING

MINOR CUT

SKIN-FIX CREAM
20g
SKIN-FIX CREAM
20g

MAL 15070014TC

HOW TO USE?

Apply on skin
2 times a day
(for external use)

KKLIU: 0981 / EXP 31.12.2025

truelifesciences

Ini Iklan produk tradisional.
This is a traditional product advertisement.

Food For Skin:

To Eat & To Apply

Why look far when you can look in your kitchen?

By Yasanthi Devi

The human skin is not only the body's largest organ, it also functions as a protective barrier against injuries, pathogens and helps regulate body temperature. Without the skin, we will be vulnerable to germs, our body temperature will be unregulated and we will not be able to feel tactile sensations. Furthermore, a skinless body also means that our internal organs, muscles and bones will be exposed and this could potentially put our lives in danger. That is why taking care of your skin is beyond just appearance maintenance.

The first step to a healthier skin is finding the right skin care products that can ensure vibrant and glowing skin. However, skin related products can be a little on the pricey end in the market. On the bright side, there are also other options out there that you can consider without breaking the bank. One good avenue you can look into is food. The things we consume or ingest correlates both directly and indirectly towards our physical and mental health.

If you're looking to improve your skin health on a budget, you need not look far. Take a peek into your pantry or kitchen, and you might just find what you need.

Foods that can be consumed for better skin health

#1 Tomatoes

Tomatoes are abundant with Vitamin C and they're also known to contain carotenoids that can benefit your skin. Lycopene, a carotenoid found in tomatoes, is thought to help with skin cancer prevention when consumed in the long term.

Several studies have been conducted to study the efficacy of tomatoes and its benefits on the human skin. Findings from these studies show that people who included tomato paste in their diet daily experienced up to 40 percent less ultraviolet (UV) skin damage from sunlight as compared to those who did not.

#2 Fatty fish

Fatty fish contains a type of fat known as Omega-3 fats. Omega-3 is classified as a polyunsaturated saturated fatty acid (PUFA) which means it's a type of nutrient that the body cannot naturally produce. Fishes that are rich in Omega-3 fatty acids are sardines, salmon, cod, herrings and more.

There is plenty of proven research that links Omega-3 to a healthier skin and that is why it's one of the most popular ingredients in skin care products. Omega-3 is found to have potential in helping with acne control, primarily in the prevention of acne and reducing the severity of it.

There are also several studies that have reported a decrease in acne lesions when taking Omega-3 as a stand-alone supplement or in combination with other supplements. However, it should be noted that the effects differ according to individuals. If you're looking to buy Omega-3 based products, it's best to consult a health practitioner to ensure you get your money's worth.

#3 Avocados

Vitamin C and Vitamin E found in Avocados are crucial when it comes to protecting your skin from the damage caused by the sun and other environmental aspects. Oxidative damage caused by the sun and environmental factors such as pollution can lead to signs of ageing. Hence, Vitamin C functions as an antioxidant that protects the skin. Avocados also contain Omega-3 fats which the body cannot produce by itself. Omega-3 is known to improve skin health.

Ingredients that can be applied on the skin

#1 Honey

Raw honey is widely used as an exfoliator as it helps remove dry skin. Once the dry skin is removed with the help of the honey, a new layer of skin cells will be revealed. Applying honey on the face also helps with face acne, psoriasis and eczema. When using honey for these conditions, it's crucial to use unpasteurised honey such as manuka honey.

Unpasteurised honey can be applied in the form of paste or face mask. The healthy bacterias found in unpasteurised honey helps to activate the immune system and aids with redness and inflammation. Honey has also been studied for its blemish healing qualities.

#2 Yoghurt

If you intend to apply yoghurt on your face, it's best to use the regular, plain and unflavoured yoghurt. This is because the everyday cow's milk yoghurt contains a significant amount of calcium in contrast to other types of yoghurt.

You can also consider mixing other ingredients in the yoghurt face mask for added benefits. Some ingredients that can be added with the yoghurt face mask are turmeric and honey.

The general purpose of a facial mask is to better the texture of your skin. However, the benefits vary based on the ingredients as each ingredient has its own nutrients that it can offer.

It should be noted that yoghurt face masks as it is, offers a few benefits such as moisture retention, skin brightening potentials, helps even out skin tone and more. Furthermore, probiotics found in yoghurt are also reported to aid in the treatment of other inflammatory skin conditions.

#3 Coconut oil

Applying coconut oil to your skin also helps hydrate it. People who have dry skin might find coconut oil helpful due to its moisturising effects. On top of moisturising, coconut oil also contains antibacterial and anti- inflammatory properties that could help with treating acne. Lauric acid (a form of fatty acid) found in large amounts in coconut oil is studied for its ability to kill a strain of bacteria linked to acne.

Sometimes it can be surprising to find out that everyday items in our pantry or kitchen possess the nutrients that could make our skin better. This is why it's important to learn about what we ingest or put into our bodies. It helps us make the right choices for our health. ■

Source: WebMD, Healthline & Medical News Today

NEW
Beauty Skin Care
AQUARIAS
Everyone Deserves Beautiful Skin
Moisturizing
Antibacterial
Repair
SUITABLE FOR ALL SKIN TYPES
100% NATURE ingredients
AQUARIAS
Hydrating Facial Cleanser
Hydrating Overnight Mask
AQUARIAS

www.aquarias.my

Aquarias.my Shopee | Lazada | PG Mall : Aquarias.os

Owned by: Pharmpotic Sdn. Bhd.

How to restore tarnished jewellery

Time to shine bright like a diamond

By Isabel Andrew

Jewellery tarnishing is inevitable. No thanks to the pollution around us, accessories may corrode and discolour into a pale yellow, brown or even grey or black. Here are a few do-it-yourself (DIY) ways to give your trinkets their original shimmer:

Silver

Silver jewellery may oxidise and discolour. Tackle that in just five steps:

1. Line a glass bowl with aluminium foil.
2. Coat the silver pieces with a generous amount of baking soda.
3. Boil some water and pour it over the pieces, enough to create a paste-like consistency.
4. Use a paintbrush or soft toothbrush to gently scrub away the dirt and oxides.
5. Rinse with hot water and dry them with a soft cloth.

Pearls

Pearls are a different story altogether. Since they're hassle-free to clean, all that’s required is a soft cloth. However, if you prefer adding water, you can:

1. Gently wipe the pearls with a damp cloth.
2. Remove excess water with a dry cloth or air dry for 30 minutes.

Diamonds & Gold

Valuable diamonds and gold are resilient but susceptible to discolouration. Separate your diamond and gold jewellery and restore them in three simple steps:

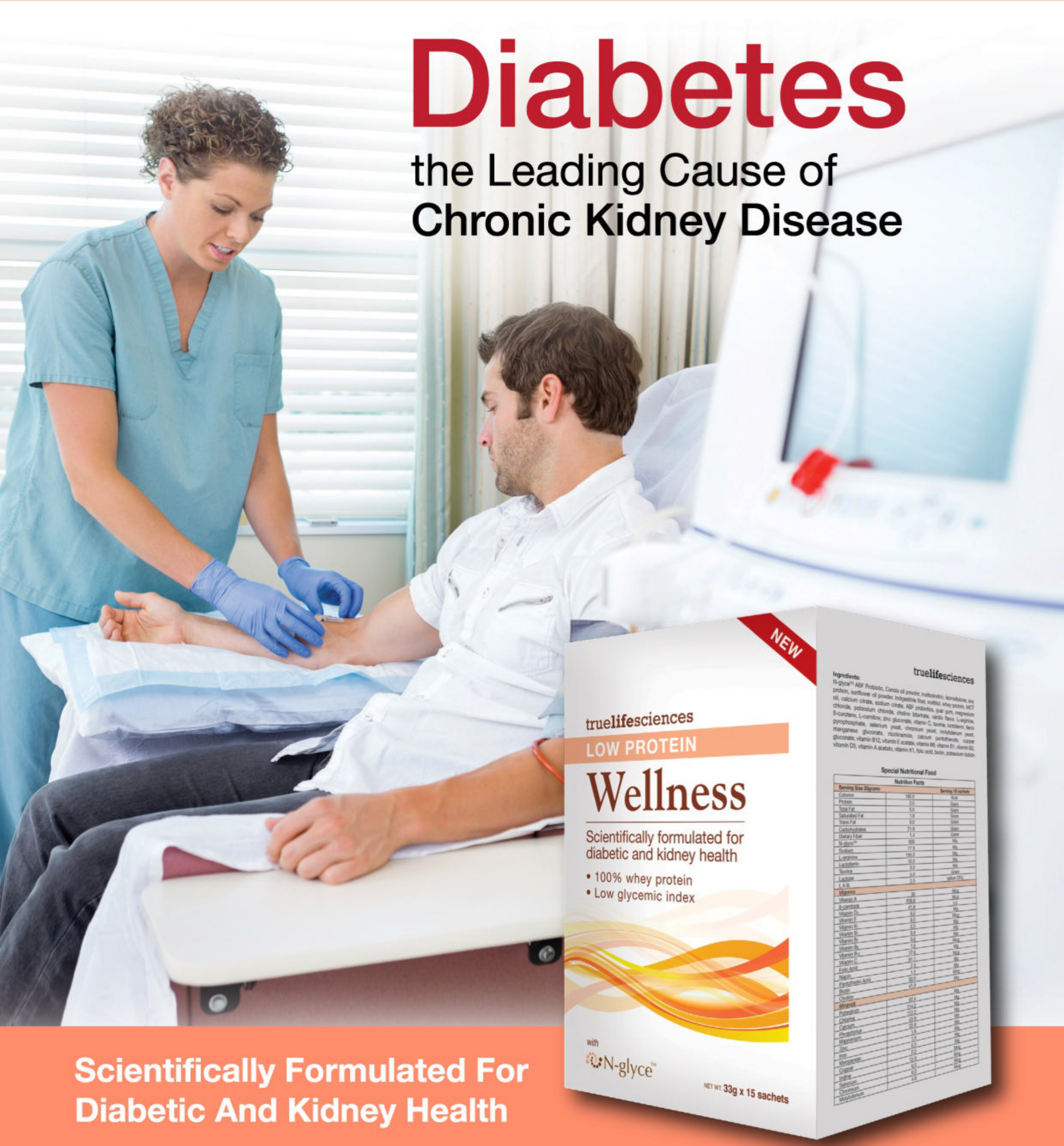
1. Soak your diamond or gold baubles in some gentle dish soap and water for 30 minutes.
2. Use a soft toothbrush to brush them gently.
3. Rinse and leave them out to air dry or use a lint-free cloth.

You could also substitute your cleaning agents with:

- Silver polish.
- Ketchup.
- Saltwater.
- Lemon water.
- Rubbing alcohol.
- Laundry detergent.
- Toothpaste.
- Hand sanitiser
- Contact lens solution.

Nevertheless, it's best to research what works best for your gems. Wipe down your jewellery after each wear and store it in a cool, dry location to prevent further corrosion.

Sources: Healthline, Insider, Cosmopolitan


Diabetes
the Leading Cause of
Chronic Kidney Disease
NEW
truelifesciences
truelifesciences
LOW PROTEIN
Wellness
Scientifically formulated for diabetic and kidney health
• 100% whey protein
• Low glycemic index
with
N-glyce™
NET WT: 33g x 15 sachets
Scientifically Formulated For Diabetic And Kidney Health

NOW AVAILABLE AT WHITE COAT 360 INDEPENDENT PHARMACIES

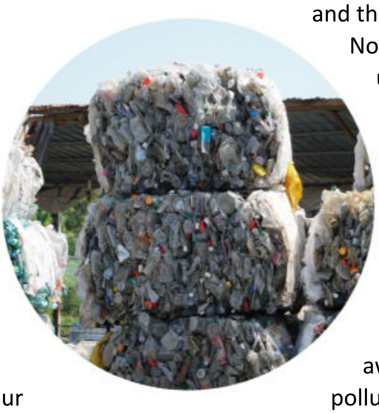
truelifesciences
www.true-lifesciences.com

Microplastics found in human blood?

This is not fantastic

By Yasanthi Devi

Plastics are everywhere. Almost every facet of our lives involves plastic in one way, shape or form. Plastics can be found in food packaging, cosmetic product wrappers, in the structure of our mobiles and many more.



Although many manufacturers have taken responsible initiatives to opt for greener packaging and biodegradable materials, it's still not enough to tackle the mounting number of difficult-to-recycle plastics that end up in our landfills and ecosystems.

Some plastics are known to be difficult to recycle because it takes hundreds of years for them to even decompose. On top of this, the often overlooked threat of microplastics also pose a burden on an already existing problem. At first glance, microplastics were found in the marine ecosystem, impacting both the environment and the marine life. Now, in a completely unexpected turn, microplastic has managed to creep into our lives, to the point where it's now found in our blood.

Whilst many are aware of plastic pollution, there's still a significant number of people who are unaware of microplastics and its origin story. With that in mind, let's delve in, shall we?

What is microplastic?

The term *micro* is used to define substances or objects that are extremely small. When combined with the word *plastic*, microplastic brings the meaning of tiny plastic particles. Something is considered a microplastic if it's derived from plastic and measures less than five millimetres or less than 0.2 inches.

Microplastics are classified into two categories called primary and secondary. Primary category of microplastics encompasses tiny particles that can be found in cosmetics, fishing nets and microfibers from certain types of clothings.

Whereas, secondary microplastics are the breakdowns from larger plastic items such as mineral water bottles. The breakdown of these plastic items are caused by radiation from the sun and ocean waves. These are also known as environmental factors.

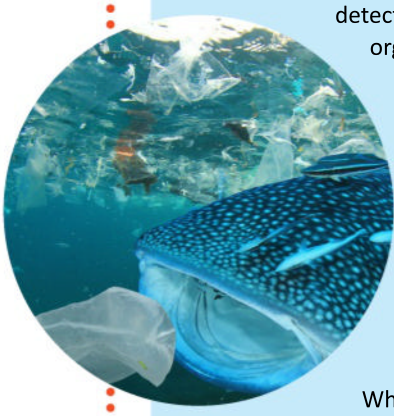
> EXPERTS HAVE FOUND THAT MICROPLASTICS CAN NOW BE DETECTED IN COMMERCIAL SEAFOOD AND EVEN IN DRINKING WATER. IT'S RATHER ALARMING TO KNOW THAT EVEN WATER, THE ESSENTIAL SOURCE OF LIVING, CANNOT ESCAPE FROM THESE TINY PLASTIC PARTICLES.

Is microplastic harmful?

Microplastics share one similarity with its counterpart, the plastic. They both take a long time to decompose and oftentimes they do not break down into harmless molecules. If you're wondering whether you've come across any visible microplastics in your lifetime, the odds are you probably would have.

If you're entranced by the tiny shimmering or colourful elements in beach sands, there's a high probability that it's microplastics that have been broken down by the sun's radiation. These microplastics also end up in the seas and harm marine animals. Some marine animals unknowingly consume these tiny plastic particles and this puts their life in danger. There are multiple factors that contribute to microplastics being found in the sea. One of the main causes is due to environmental factors such as strong winds that carry plastics and microplastic debris and storms. However, the primary cause is still due to human behaviours such as disposing of single use plastic items irresponsibly.

How are microplastics intertwined in our lives and the lives of other organisms?



As a result of an alarming rate of microplastics found in the sea, microplastics have been detected in marine organisms from whales to planktons. This only further proves that no creature too big or too small is safe.

When it comes to the vicinity of humans, microplastics seem to have seeped in through the nooks of our everyday life. Experts have found that microplastics can now be detected in commercial seafood and even in drinking water. It's rather alarming to know that even water, the essential source of living, cannot escape from these tiny plastic particles. Things become even more worrying when experts point out that the standard water treatment facilities may not be able to filter or extract these tiny particles.

How did microplastics make their way into our blood?

In a study involving 22 healthy adults, it was found that 17 out of 22 blood samples contain microparticles of four common plastics. Published in the Journal of Environment International (2022), this study (titled *Discovery and quantification of plastic particle pollution in human blood*) noted that there were four high production volume polymers (elements often used in plastics) identified in the human blood samples. Polyethylene terephthalate, polyethylene and polymers of styrene were discovered widely, followed by poly(methyl methacrylate).

The study proposed the hypothesis that the human blood's role as a transport pathway for oxygen and nutrients could also potentially transport plastic particles around the body, to other tissues and organs.

However, the fate of plastic ultimately depends on factors such as its size, shape and surface chemistry. These factors decide how the microplastic interact within the human body.

> SCIENTISTS AND EXPERTS ARE STILL IN THE DARK WHEN IT COMES TO THE EFFECTS OF THESE CONSUMED MICROPLASTICS TOWARDS OUR OVERALL HEALTH.

Could the emergence of microplastics in our blood harm our overall health?

Scientists and experts are still in the dark when it comes to the effects of these consumed microplastics towards our overall health. More studies need to be carried out to specifically analyse whether these microplastics could pose any harmful effects to humans and other living organisms.

The lack of concrete evidence and research leaves experts unsure when it comes to determining whether or not this exposure towards microplastics is a public health risk.

Are there any steps being taken to reduce microplastics in the environment?

Even though the harmful effects of microplastic is still unclear, that didn't stop some countries and even the United Nations from taking actions to reduce microplastics in the environment.

In a 2017 resolution, the United Nations addressed crucial concerns regarding microplastics including the dangers it could pose to human health, marine life and other wildlife. ■

Source: United Nations Environmental Programme, National Geographic, Medical News Today

Reference:
Leslie, H. A., Van Velzen, M. J., Brandsma, S. H., Vethaak, A. D., Garcia-Vallejo, J. J., & Lamoree, M. H. (2022). Discovery and quantification of plastic particle pollution in human blood. Environment International, 163, 107199. Retrieved from https://www.sciencedirect.com/science/article/pii/S0160412022001258

Healthy Nation

SPECIAL NUTRITION FOOD

SPECIAL FORMULATION *for* SPECIAL NEEDS

Plant base milk
Gentle on tummy
Healthy Nation
SPECIAL NUTRITION FOOD
DM WELL
VANILLA FLAVOR
Net Weight/Berat Bersih: 25g x 10 sachets
Lactose Free
Low Glycemic Index
High Calcium & Fibre
Essential Bitter Melon
28 Vitamins & Minerals
4 Strains of Probiotic & Prebiotics
Essential B1, B6, B12 & Chromium
FLEX WELL
ORIGINAL FLAVOR
25g x 10 sachets
Hi-Fibre
Lactose Free
Gentle on tummy
Contains essential K2
Suitable for vegetarians
GET WELL
ORIGINAL FLAVOR
25g x 10 sachets
Ideal For
Celiac Patients
Nutritional Drink
Gluten Free
VITA WELL
VANILLA FLAVOR
25g x 10 sachets
Lactose Free
28 Vitamins & Nutrients
High Calcium & Fibre
4 strains of Probiotics & Prebiotics
Suitable for Vegetarians

ANCOM truelife

For more information please contact **Ancom Truelife** at **03-7495 5000** or email to **talk2us@wtruelife.com**

3 ways to relish your edamame

How have you 'bean'?

By Isabel Andrew

What does the baby soybean call its mother? *Edamommy*!

Bad puns aside, the topic of *edamame* is a good topic to delve into! *Edamame* is a Japanese dish made from immature soybeans in their pods. Since they're often sold together with the stem, the name *edamame* means "stem beans." Here are three reasons why *edamame* is a favourite snack in the Land of the Rising Sun:

#1 High in protein

The high protein content of *edamame* is great for people with diabetes, as it'll help reduce insulin resistance, kidney damage and fatty liver.

#2 May lower cholesterols

LDL cholesterol or 'bad' cholesterol is closely associated with heart disease, stroke and type 2 diabetes. Since *edamame* is a great source of plant-based protein, the unsaturated fats in it may lower cholesterol levels.

#3 Reduce Cancer risks

According to studies, eating one to two portions of whole soy meals daily, may considerably reduce men's risk of developing prostate cancer and protect women from breast cancer.

How to Enjoy them

Here are three ways to relish them:

Boil or steam it

Boil or steam the *edamame* pods for three to five minutes. Then, sprinkle on some salt. Peel open the pod of *edamame* and remove the beans to consume.

Mash it

Hulk up (you know because Hulk is enormous and green) your toast by mashing *edamame* beans with garlic, avocado, lemon juice and chilli flakes. Garnish your meal with lemon zest and some chopped parsley for an extra something.

Go fusion

In the kitchen, geography stops at the doorstep. Wow your guests with Italian spaghetti infused with sautéed Japanese *edamame*, and you'll be hearing "mamma mia" from every full stomach!

It's no wonder the Japanese cherish this versatile treat, it's both tasty and wholesome. Have we convinced you to join the *edamame* fan club? Send us proof of your membership by tagging us (@1twenty80) and your *edamame* dish. Is it too much to ask for a plate too?

Sources: Rasa Malaysia, Healthline, WebMD, Medical News Today

TRAVEL SAFE
with
FRUSINEA
NOW AVAILABLE AT
WHITE COAT 360
INDEPENDENT PHARMACIES
truelifesciences
www.true-lifesciences.com

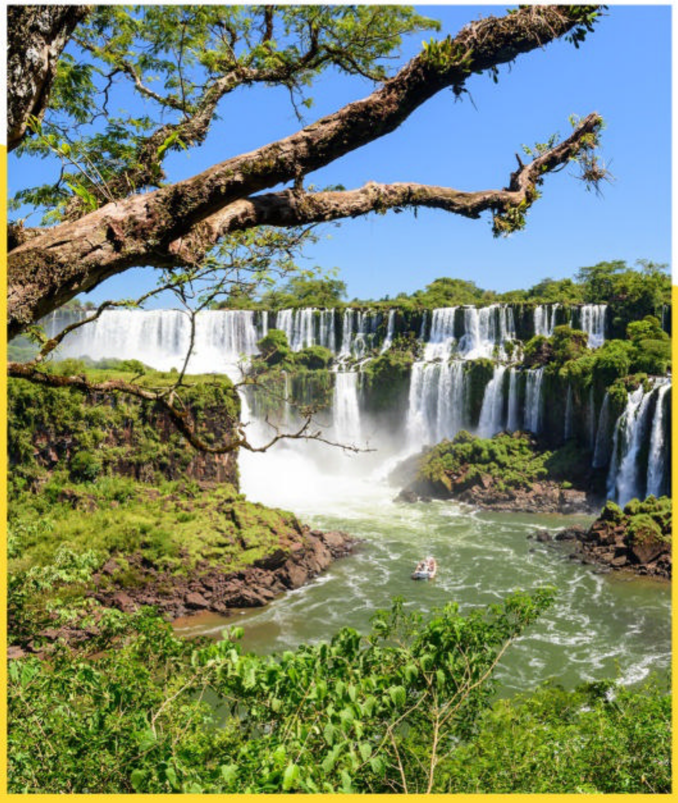
4 Must-Visit Waterfalls Around the World

Spectacular cascades for your eyes to feast

By Yasanthi Devi

Prepare to be swept away by the breathtaking beauty of nature's most captivating wonders: waterfalls. From towering cascades to hidden gems tucked away in lush landscapes, waterfalls have an irresistible allure that has captivated travelers for centuries. In this travel listicle, we invite you on a journey to explore some of the world's most unique and awe-inspiring waterfalls.

Each waterfall on this list boasts its own distinct charm and offers a range of activities and experiences that will leave you wanting more. So, get ready to chase waterfalls, plunge into turquoise pools, and witness nature's cascade of rushing waters as we unveil these extraordinary destinations.



#1

IGUAZU FALLS – ARGENTINA/BRAZIL

Situated on the border between Argentina and Brazil, Iguazu Falls is a breathtaking natural wonder that will leave you speechless. With its staggering 275 individual falls, the sight is nothing short of awe-inspiring. The name 'Iguazu'originates from the Mbyá-Guaraní indigenous community, and in the Spanish translation, it signifies 'Aqua Grande' which means 'big water'.

In 1984, the Iguazu National Park was designated as a 'World Heritage' site by UNESCO. In 2011, it was further recognised as a 'New Wonder of the world' by the New Seven Wonders Foundation.

To make your visit even more remarkable, take a boat ride that ventures right up to the base of the falls. Feel the mist on your face and the thunderous power of the cascades as you witness this majestic display of nature.

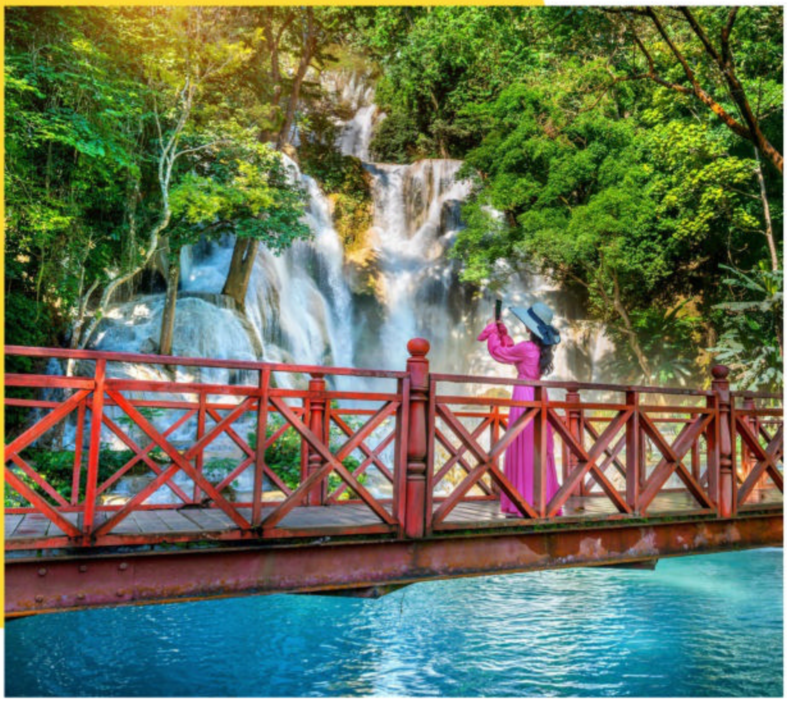
#2

PLITVICE LAKES – CROATIA

Nestled in the heart of Croatia, the Plitvice Lakes National Park is a UNESCO World Heritage site renowned for its stunning network of sixteen interconnected lakes and waterfalls. What makes this location unique is the opportunity to explore the falls by walking along wooden pathways and bridges that wind through the emerald-green waters. Immerse yourself in the tranquility of this fairy-tale-like setting and capture photographs that will leave your friends in awe.

You will also be witnessing a significant historical landmark as Plitvice Lakes is reported to be the largest and the oldest Croatian National Park.
If you're looking to stay a day or two to stroll around, Plitvice Holiday Resort offers a variety of accommodation options, including glamping, camping, and traditional rooms.

Visitors should also be aware that, in order to preserve the natural environment and manage the high influx of visitors during the summer season, the park imposes restrictions on the number of tickets available per hour and entry. To ensure your visit, it is recommended to book your ticket at least three days in advance of your intended park visit.



#3

KUANG SI FALLS – LAOS

Nestled within the jungles near Luang Prabang, Laos, Kuang Si Falls is a genuine treasure waiting to be discovered. This enchanting waterfall features multiple levels of cascades that gracefully pour into captivating turquoise pools, forming a picture-perfect sight. Immerse yourself in the invigorating waters, allowing the rushing currents to provide a soothing back massage. For an extra dose of excitement, embark on a hike to the summit of the falls and relish in the breathtaking views of the lush surrounding forest. Remember to include a visit to the neighbouring Bear Rescue Centre, a sanctuary devoted to safeguarding and rehabilitating the endangered Asiatic black bears.

There are various modes of transportation available to reach Kuang Si Falls. Tuk-tuks are a popular and convenient mode of transportation in Laos. You can hire a tuk-tuk from Luang Prabang and negotiate a price for a round trip to Kuang Si Falls. The journey typically takes around 30-40 minutes.

Shared minivans operate between Luang Prabang and Kuang Si Falls. These vans can be found at designated pickup points or can be arranged through travel agencies or guesthouses. The minivans accommodate multiple passengers and provide a cost-effective and comfortable option for transportation. If you prefer a more private and direct mode of transportation, you can hire a taxi or arrange for a private car to take you to Kuang Si Falls.

Image Credit: Blue Cat Studio / Shutterstock.com

#4

NIAGARA FALLS – CANADA/UNITED STATES

No list of remarkable waterfalls is complete without mentioning Niagara Falls. Straddling the border between Canada and the United States, this iconic attraction offers a host of activities. Niagara Falls is a major tourist destination, attracting millions of visitors each year. Visitors can witness the falls from various viewpoints, take boat tours, enjoy scenic walks, and explore the surrounding attractions and entertainment areas.

If you’re a first-timer visiting Niagra Falls, you’re highly recommended to take a boat tour on the famous Maid of the Mist, venturing close enough to feel the mist on your face. For an adrenaline rush, experience the Journey Behind the Falls, where you can explore tunnels that take you directly beneath the cascades.

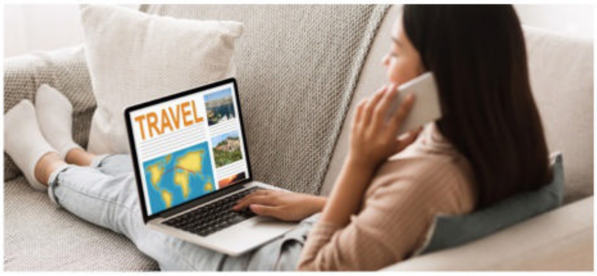
From the thunderous grandeur of Iguazu Falls to the wonder that is Niagra Falls, these four remarkable waterfalls offer more than just stunning views. The unique locations and activities surrounding each cascade create unforgettable experiences for travelers. Whether you're seeking adventure, tranquility, or a chance to immerse yourself in nature's wonders, these waterfalls will captivate your senses and leave an indelible mark on your journey of exploration. Pack your camera, don your sense of wonder, and embark on an incredible adventure to these mesmerizing destinations.

TRAVEL TIPS

When planning a trip to visit waterfalls, it's essential to consider a few travel tips to ensure a safe and enjoyable experience. Here are some tips to keep in mind:

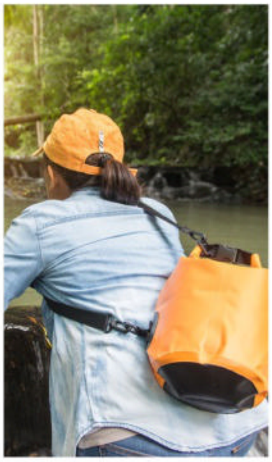
CONDUCT PRIOR RESEARCH AND PLAN:

Before your excursion, gather information about the specific waterfall you intend to visit. Familiarise yourself with its accessibility, weather conditions, and any necessary permits or fees. This knowledge will enable you to prepare adequately for your adventure.



DRESS-APPROPRIATE ATTIRE:

Opt for comfortable garments and sturdy footwear suitable for journeying uneven terrains and engaging in hiking activities. Consider carrying a waterproof jacket or poncho to safeguard yourself from waterfall spray or unexpected rain showers.

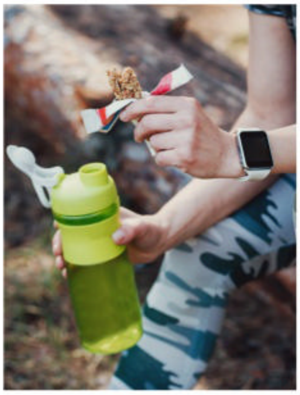


SAFEGUARD YOUR ELECTRONIC DEVICES:

Water and electronic devices don't go hand-in-hand. Consider investing in a waterproof bag or case to shield your camera, smartphone, or any other electronic gadgets you bring along. Additionally, keep a microfiber cloth handy to wipe off water droplets from your camera lens.

STAY HYDRATED AND PACK NOURISHMENT:

Exploring waterfalls can be physically demanding, so it's vital to remain hydrated by carrying an ample supply of water. Additionally, pack lightweight snacks or energy bars to sustain your energy levels during your waterfall expedition.



DANGER ZONE
STRICTLY NO
JUMPING

ADHERE TO SAFETY GUIDELINES:

Waterfalls possess an element of unpredictability and potential hazards. Comply with all safety guidelines and heed warning signs at the site. Respect barriers and refrain from entering restricted areas. Exercise caution while navigating wet rocks near the falls, as they can be slippery.

RESPECT WILDLIFE:

Waterfall regions often serve as habitats for diverse wildlife species. Maintain a safe distance and observe animals from a respectful distance. ■

Source: Iguazu Falls.com, Plitvice.com, Laos Travel, Niagra Falls Tourism

SNACKS:
EAST MEETS WEST

These treats are perfect for your Malaysian taste buds

By Edeline Anne Goh

Acar

Chocolate Banana
Chia Seed Pudding

Ever felt like having something sweet and chocolatey during the day and in the evening, you're suddenly thinking about having something spicy?

That's the wonder of being a Malaysian! We're surrounded by an array of flavours from the east to the west and it is no surprise nor is it anything unusual if you're enjoying western flavours for a meal and eastern flavours for the next.

Cookbook author, Annie Xavier from Annie Xavier's Kitchen, shares two snack recipes that are perfect for every Malaysian taste bud.

ACAR

"My favorite Asian salad has got to be this acar. Sweet and tangy combined with a nice aroma from the toasted peanuts and sesame seeds. If you are not on low carb diet, just use sugar to replace lakanto." – Annie Xavier

INGREDIENTS

250gm	Cucumber (seeds removed and cut into 5cm length strips)
150gm	Carrot (skin peeled and cut into 5cm length)
150gm	Long beans (cut into 5cm length)
150gm	Cauliflower florets
150gm	Cabbage (cut into chunks)
1 tbsp	Salt

Sauce

150gm	Water
70gm	Lakanto (monk fruit sweetener, or less depending on own taste)
50gm	Cooking oil
10gm	Turmeric (skin peeled)
5gm	Fermented shrimp paste (*belacan*)
10	Shallots (skin peeled)
5	Red chilies (seeds removed and cut small)
5	Dried chilies (seeds removed)
2	Cloves garlic (skin peeled)
2 tbsp	Tamarind paste

Condiments

120gm	Toasted peanuts (pulsed into a coarse texture in a food processor)
20gm	Toasted sesame seeds

METHOD

1. Place cucumber and carrot into a large mixing bowl. Add in salt and toss well. Set aside for 20 minutes. Rinse away salt under running water. Wipe off excess moisture with kitchen towel. Set aside.
2. Blanch the long beans, cauliflower and cabbage. Fill up a pot with water and bring it to a boil on high heat. Add in long beans, cauliflower and cabbage to blanch briefly. Drain out the vegetables. Wipe off excess moisture with kitchen towel and set aside.
3. Prepare the sauce. Place turmeric, *belacan*, shallots, red chilies, dried chilies and garlic into a blender and blend until fine. Heat up cooking oil in a pan on medium heat. Add in blended ingredients and sauté until fragrant. Add in water, lakanto and tamarind paste and bring everything to a boil, then let sauce simmer on medium low heat for a few minutes, stirring occasionally.
4. Place all the vegetables into a large mixing bowl. Pour in the sauce, add in the condiments and toss everything together until well combined.
5. Serve immediately or refrigerate overnight before serving.

CHOCOLATE BANANA CHIA SEED PUDDING

INGREDIENTS

220gm	Water
200gm	Coconut milk
60gm	Chia seed
2 tbsp	Pure organic coconut sugar
1 tbsp	Cocoa powder (sifted)
¼ tsp	Salt

Sliced bananas
Chocolate chips
Toasted peanuts (rough chopped)

METHOD

1. Place water, coconut milk, chia seed, coconut sugar, cocoa powder and salt into a mixing bowl and whisk everything together until well combined.
2. Refrigerate for 2 hours or longer.
3. To serve, place bloomed chia seed into a glass, add in sliced bananas, chocolate chips and toasted peanuts. ■

MALAYSIA | SINGAPORE

1Twenty80

YOUR COMMUNITY HEALTH PLATFORM

AUGUST 2023

- Antibiotic resistance: Still a growing concern
- Heal with nature
- Discover the benefits of sweet potato
- How to deal with home emergencies

Subscribe

& don't miss a copy!

EASIEST & FASTEST WAY TO HYDRATE YOUR BODY

Hydroco
Pure Coconut Water
Natural Hydration
5 Key Electrolytes
Zero Fat
NUCLEATION PROCESS
Net Weight 12g

=

1 Sachet = 2 Young Coconuts

Hydroco
Pure Coconut Water
✓ Natural Hydration
✓ 5 Key Electrolytes
✓ Zero Fat
NUCLEATION PROCESS
Net Weight: 300g
(30 sachets x 12g)

Hydroco
Coconut Water
Water of Life
NO ADDED SUGAR
NO PRESERVATIVES
NO ADDITIVES
NOT MADE FROM CONCENTRATE
NATURALLY GLUTEN FREE
NATURALLY FAT FREE
NATURE'S SPORT DRINK
NO CHOLESTEROL
SOURCE OF POTASSIUM
SUPPORTS RAPID HYDRATION
NO PRESERVATIVES

NOW AVAILABLE AT
WHITE COAT 360
INDEPENDENT PHARMACIES

truelifesciences
www.true-lifesciences.com

Estaben

Natural Phytotherapy for Travelers

Estaben
ESTA
VEIN
REFRESHING AND SOOTHING LEG GEL
RICH IN OLIVE LEAVES AND NATURAL HERBAL EXTRACTS

Instant relief on tired legs

- Cooling gel
- Fast absorbing formulation
- Non-sticky

Product from
GREECE

NOW AVAILABLE AT WHITE COAT 360 INDEPENDENT PHARMACIES

Wellesta truelife

CHANTIVA 750

Melegakan Sakit Sendi dan Otot

Relief from Joint and Muscle Pain

CHANTIVA
750
750mg x 30 tablets
CHANTIVA
750
750mg x 30 tablets
DIRECTIONS FOR USE:

MAL16070006TC

KKLIU: 0979 / EXP 31.12.2025

truelifesciences

Ini Iklan produk tradisional.
This is a traditional product advertisement.

Nasal Spray for Extra Protection Against Airborne Viruses and Allergens

Nasal spray
Sembucan Hidung
Bentrio™
Protective Barrier Against Airborne Allergens and Viruses
Lapisan Penghalang Pelindung Melawan Alergen dan Virus Bawaan Udara
Triple protective effect
Kesan pelindung tiga kali ganda

Helps with nose allergy
Reduce and prevent symptoms of nose allergy.

Protects for ≥ 4 hours
Gel-designed for extended nasal residence time.

Children friendly
Suitable for children from age of 6 years and above.
* (Children shall not use device without supervision)

Drug free
Non-steroidal.
Preservative free.
Registered as a medical device.

MDA Reg.no: GA9675022-83292
Registered Under Act 737
MDAMD 0331/2022

Wellesta truelife